

Detroit District
SOUNDINGS
U.S. Army Corps of Engineers



www.lre.usace.army.mil



Casondra Brewster

Healthy Bodies + Sound Minds = A Safe Place to Work

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District workers examine health for Black History & Nutrition Month events

Above : Valerie Stevenson, Equal Opportunity officer, can't bear to look as she gets a finger poke by Federal Occupational Nurse, Cassandra Washington, as part of a special event designed to bring attention to employee health, especially those special concerns that effect African-American populations. More than 75 employees received glucose and blood pressure screenings.

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 Commander's Corner

Reflecting on conversations with the chief

There is lots of news I need to share with all of you.

First you need to know that there are 27 people across the district who have accepted VERA/VSIPS for this fiscal year (FY05). Please join me in thanking these members of our district team for their service to the nation. We wish them well in their future endeavors.

VERA/VSIPs are just one tool we are using to balance our resources throughout the district, the Great Lakes and the region.

As we work with our sister districts through the Great Lakes Joint Venture and the Regional Business Center, we hope to maximize resources and streamline business practices in order to continue to make meaningful contributions to the nation's defense.

I am pleased to welcome our new Chief of Resource Management, Jeff Blatt. He has hit the ground running. I appreciate the team work and assistance of our Resource Management Office employees and other managers in helping him get settled in his new position.

While on the subject of resources, I want to reiterate that those who volunteer to deploy to Iraq, Afghanistan, or on Emergency-related missions become both heroes for the work they do and "bill payers" for this district.

For instance, each employee who deploys is paid for by another command

or agency. So, deployments can greatly lessen the financial burden on the Detroit District in these lean times. There are also significant personal benefits to deploying. You have opportunities to increase your experience base and skill sets, which is important to personal growth and supports our principle of being a "learning organization." On a personal level, each employee gains a measure of pride in service and the increased confidence that comes with it. I encourage you to consider deployments.

On Jan. 31, I met and briefed our new Division Commander, Brig. Gen. Bruce A. Berwick. General Berwick comes to the Great Lakes and Ohio River Division from his previous work as the Deputy Chief, Legislative Liaison in the Office of the Secretary of the Army.

His knowledge base and experience brings our division and the Detroit District an invaluable resource. He will be a strong advocate for our projects as we negotiate the road to 2012 regionalization and continue to compete for scarce appropriated dollars.

I briefed Lt. Gen. Carl Strock, Chief of Engineers in Washington on Jan. 24. I was honored to be able to tell him about



Lt. Col. Donald P. Lauzon

our great performance in the Michigan Upper Peninsula Flood Recovery projects. I discussed the recent historic Fox Locks turnover to the State of Wisconsin and our progress with the Great Lakes Navigation Study and the Great Lakes Legacy Act.

In addition to that good news, I also conveyed the three key challenges I believe the Detroit District faces today:

- 1) Workforce issues:** "Rightsizing" – That is, determining core missions regionally; and balancing them against known and expected income streams (which are, at the same time, shrinking);
- 2) Project Management Business Practice (PMBP):** It is critical to our success that we can use and **DEPEND** on data extracted from P2 for Corporate reporting and performance metrics;
- 3) O&M Backlog:** I outlined our critical need to address regional O&M backlog, currently over \$ 86 M, and getting worse. There are virtually no funds for shallow-draft harbors (including condition surveys), which increases the risk of structural failures.

In turn, Gen. Strock reinforced the importance of work we do for the nation and how proud he is of the way we do it.

I echo his words when he expressed his pride in each and every Corps member and the work we do every day. He fully understands the dynamic environ-

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SOUNDINGS

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Women's history month spotlights little-known works

By Casondra Brewster
Public Affairs

There are very few of us who would not believe that we're indebted to at least one woman in our lives. Most would say their own mother is the one woman in their lives who gave the most to enable them to get through life.

However, for women in the military -- both civilian and active-duty -- our indebtedness is to those who have come before us, pioneering and blazing new trails for other women to serve their country, to defend the freedoms of our children. But I would venture a guess that most of us are uneducated as to who our military "foremothers" are.

It's true that many know the story of Mary McCauley Hays, fondly known as Molly Pitcher. Hays was married to John Casper Hays who served in the Colonial Artillery in 1775.

The couple shadowed one another out onto the battlefield. During the Battle of Monmouth, Mary would bring pitchers of water from a nearby creek, thus earning her the nickname of "sergeant" and the popular name of "Molly Pitcher."

The famous portrait of Molly Pitcher that hangs in the National Archives documents her actions when her husband collapsed while manning his cannon; Molly took over for him. Her quick action brought attention to Molly from Gen. George Washington. In 1822 the Pennsylvania legislature awarded her an annuity for life to repay her for her "military" service.

What many may not know about Molly and others like her in the early years of the United States is that while today she would be called a military family member, then she was known as a "camp follower."

Camp followers were women and children authorized by the Army to draw half-rations for themselves and their children in exchange for cooking, sewing and laundering.

Although the term camp follower has a modern connotation as prostitute, the vast majority were just like Molly, military family members. They were wives, widows, mothers and daughters who accompanied their male relatives in service, most often because they had no other option.

Camp followers cooked and laundered for the troops, melted lead and made ammunition, carried water, tended the wounded, and delivered dispatches. Some, like Elizabeth Zane of Fort Henry, carried ammunition from the arsenal to troops under fire.

When Fort Lee ran low on ammunition during repeated Indian attacks, Ann Bailey, a soldier's wife, rode 100 miles to Fort Union and returned three days later with gunpowder.

There was Margaret Cochran Corbin. She was assisting her husband, John, with his cannon when he was killed Nov. 16, 1776 during a British and Hessian attack on Fort Washington, N.Y. She took over the cannon and continued to fire on the enemy until she was seriously wounded and lost the



U.S. Army photo

To find out who this historical Corps woman is, visit the Corps' historical Web page at: www.hq.usace.army.mil/history/vignettes/Vignette_82.htm.

use of her arm. In 1779 she was awarded a disabled soldier's pension by the Continental Congress and in 1780 became the only woman enrolled in the "Invalid Regiment," stationed at West Point.

Those who have attended the U.S. Military Academy may be aware that she is buried in the soldier's graveyard behind the Old Cadet Chapel where a bronze plaque commemorates her as the first American woman to take a soldier's part in the War for Liberty."

While many Americans learn of Paul Revere's ride, few hear about 16-year-old Sybil Ludington, who rode 40 miles on a moonless night in 1777, to call the troops to arms after the British attacked the supply depot in Danbury, Conn.

Nor do they learn about Deborah Champion who galloped her horse for two days through enemy lines to carry intelligence for Gen. Washington.

Most history books do not detail the acts of Emily Geiger who rode 100 miles through the South Carolina swamps to deliver dispatches from Gen. Nathaniel Green to Gen. Thomas Sumter. There's also Susanna Bolling, another teenage girl, who crossed the Appomattox River to warn Gen. Lafayette of a planned British attack.

You have to look hard, too, to learn about Betsy Dowd, 16, who warned the Americans of Gov. Dunmore's plans to capture the coast, enabling the Continental Army to defeat Dunmore's forces and take Norfolk, Va.

Today's American women can look with pride upon these type of pioneering acts in military service -- even without an official enlistment or rank.

Perhaps this March, National Women's History Month, we could all take some time to learn, recognize and honor the women warriors who came before us. In so doing, we may just become inspired enough to provide service to our country, to which tomorrow's women can aspire.

'Actions,' from page 2

ment we live in and the need to remain an engaged, flexible, learning organization. The Chief remains confident that we will meet all challenges and continue to succeed because we are the Corps of Engineers and that is what we do.

I take this opportunity to pass on some key learning points for the district. Improvements in these areas are key to our future success on a personal and corporate level. Each element speaks directly to taking personal responsibility and being personally accountable.

Lead from the front: No mission is ever too difficult for the person who never has to do it. Simply put, you have no rightful platform to be critical if you haven't a clue how to do it yourself. In lean times it is essential that we all pitch in to find ways to "make it happen," instead of expending energy on excuses.

Managing challenges consists of recognizing and addressing them. One of the most important lessons I have learned is addressing any challenge has two steps – defining the issue and presenting solution(s). I also know that if I recognize a problem — I am probably in a unique position to also know a suitable solution.

At every level, we have a voice and are required to use it to become a more effective and efficient organization. Don't forget our beneficial suggestions program for outlining improvements and getting rewarded for them.

Bad news doesn't improve with age: Being on top of things all the time requires that we know the facts and deal with them directly and in a timely manner. Staff able to have frank dialogues with managers about what they are seeing and hearing is the best way to become aware of and address challenges as they happen. Make it a practice to take time to talk to those you work with and for, and those who work for you. It will be time well spent. A suggestion box remains by the executive office if you wish to be anonymous.

Finally, I want to express my thanks to all the members of our Detroit District team for your continued loyalty and professionalism.



Casondra Brewster

Forget what you think you know...

Gary Bailey, right, motions to the keynote speaker, Gene Degenhardt, during the recent Value Engineering seminar. The attendees came from many functional elements in the district, including the area offices. Degenhardt has been the Value Engineering Officer for the St. Louis district since 1982 and was awarded the Department of Defense's 2001 Engineering Professional Achievement Award. During his address he explained new approaches to engineering. He emphasized function analysis and creative thinking using yo-yos, Koosh balls and shaving cream to unlock your brain's potential. He encouraged the group to facilitate their teams with divergent views to achieve win-win outcomes. Value Engineering is more than just trying to save money, Degenhardt said. It is a methodology to improve projects, validate designs and involve all in an enthusiastic bit of group dynamic. The Corps is reinvigorating the Value Engineering program with a focus on its use during feasibility and concept-level projects. The District Engineer presented Degenhardt with a district coin as a token of appreciation for a job well done.

District Intranet gets safety updates

The Detroit District Safety Office has added and updated its safety folders on the district's Intranet.

Supervisors and employees now have several tools at their fingertips.

Those safety tools include accident reporting and other Office of Workers Compensation Program Instructions and Forms, training presentations and other safety meeting materials and even safety trivia to bring a bit a fun into your safety work.

Other resources contained in the safety folders on the Intranet include safety checklists, new employee orientation, standard operating procedures, employee position hazard analysis (PHA) forms and examples,

activity hazard analysis (AHA) form and examples, the district's safety management action plan for fiscal year '05-'06, PMBP regulations and supporting documents, and even all the Army and Corps regulations governing our safety program.

Ron Barkley, district safety officer, said that if anyone has trouble finding something on the Intranet in the safety realm, to please contact him, (586) 751-1387 or via Email.

Employees only may access the Intranet at: <http://lre48.lre.usace.army.mil/default.aspx>.

More safety information may be found on the Web at: <https://safetylms.army.mil>.



Soo Locks project reaches 150th year

Celebrations, ceremonies planned; public welcomed

Many Michigianians know the site of the freighters on the Great Lakes. But how many of us have seen those huge nautical beasts up close?

This June Detroit District Employees as well as the worldwide public will have that chance as they do each June on Engineers Day.

This year, Engineers Day, traditionally the last Friday in June, will be June 24.

The gates of the locks literally swing open and the public is able to cross the locks and see the locking process up close. Visitors will also get an opportunity to delve into the history of the locks and Sault Ste. Marie with a variety of events from historical re-enactments, to musical tributes, as well as military ceremonies.

The day begins at the Soo Locks Park with the Detroit District's 150th Commemoration and Rededication Ceremony at 9 a.m. Gates to the locks open to the public at 10 a.m. For the first time this year, the locks gates will remain open two extra hours until 6 p.m.

The Soo Locks Visitor Center has lots

of history and the like on the Soo Locks and the surrounding area. In and around the visitor center, historical re-enactors from the period of the locks' birth and before will be presenting life as it was.

Different Army units will sponsor static displays and even a rock-climbing wall beginning at 10 a.m. in the Soo Locks Park.

Also new this year for Engineers



U.S. Army photo

Everyone gets a close-up view of the freighters like those pictured above locking through at the Soo. Celebrating the Soo Locks, yesterday, today and tomorrow will be the focus of the Soo Locks Celebrates 150th on June 24.

day, the Corps is planning on operating a 'special event' amateur radio station. Amateur radio operators will have the opportunity to talk to

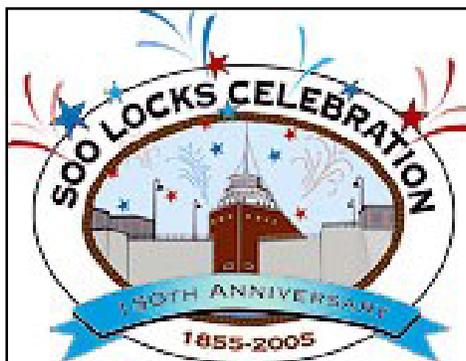
other amateur radio operators all over the world and receive a special 'passport' for participation.

The days leading up to June 24th will be filled with activities. In fact a special

concert in the park on Thursday night, June 23 at 6 p.m. in the Soo Locks park is expected to be a popular event.

On Saturday morning, June 26, the traditional International Bridge Walk is scheduled. Therefore, Sault Ste. Marie city officials say it'll be easy to plan a whole vacation around the 150th Anniversary of the Soo Locks.

For more information, you can visit <http://www.lre.usace.army.mil>.



Soo Locks History & Facts

* Congress passed an act in 1852 granting 750,000 acres of public land to the State of Michigan as compensation to the company that would build a lock permitting waterborne commerce between Lake Superior and the other Great Lakes. The Fairbanks Scale Company, which had extensive mining interests, in the upper peninsula, undertook this challenging construction project in 1853.

*In 1881 the locks were transferred to the United States government, and were placed under the jurisdiction of the U.S. Army Corps of Engineers. The Corps has operated the locks, toll free, since that time.

*For more information, visit <http://www.lre.usace.army.mil/newsandevents/publications/publications/soolocks-saultste-marie>.

Campaign helps civilian employees find way to good health

By Lt. Col. Deborah F. Simpson
U.S. Army Center for Health Promotion and Preventive Medicine

March is National Nutrition Month. This annual campaign, sponsored by the American Dietetic Association, reinforces the importance of good nutrition and physical activity as key components of good health.

This year, the campaign focuses on the following key messages: Be adventurous and expand your horizons; Treat your taste buds; Maintain a healthy weight; Balance food choices with your lifestyle; and Be active.

All of these recommendations play an important role in helping to ensure a high level of nutrition and fitness.

Be adventurous and expand your horizons

Eating is one of life's greatest pleasures. One of the key components of a nutritious diet is variety. Variety is the "spice of life" when making food choices. Enjoy a wide variety of foods with different flavors, colors, and textures. Don't be afraid to try different ethnic foods such as Brazilian black bean soup, Mediterranean tabouli (bulgur salad), or Middle Eastern hummus (mashed chickpeas).

To keep excitement in meals and snacks, try a new food or recipe at least once a month.

Select a variety of whole-grain foods such as whole wheat, brown rice, and oats. These foods form the foundation of a nutritious diet.

Enjoy fruits and vegetables of various colors, because they contain hundreds of disease-fighting phytochemicals - natural substances that protect the body against certain cancers, obesity, heart disease, stroke and hypertension. They also contain no cholesterol and are virtually fat-free. Choose nonfat and low-fat foods from the milk and meat groups most often.

Treat your taste buds

Although moderation is a key component of a nutritious diet, meals do not have to be bland and boring. Use lemon, salsa, herbs, and spices for added flavor.

All foods can be included in a healthful diet. However, it is important to control how much and how often certain foods are eaten, especially foods high in fat, sugar or sodium.

Maintain a healthy weight

Maintaining an appropriate weight is essential for good health and quality of life. Carrying too much or too little body fat can negatively impact health and performance.

The location of extra weight on the body and weight-related health problems are also an issue.

Excess body fat located in the stomach area around the waist increases the risk for heart disease, high blood pressure, diabetes, and certain types of cancer.

Balance food choices with your lifestyle

Developing a lifestyle that promotes nutrition and physical fitness forms the foundation for good health. Gradually incorporating healthful habits is well worth the effort.

It's easier to get all of the nutrients needed for good health by eating foods from the major food groups.

If you balance the foods eaten with physical activity over several days, there is no need to worry about just one meal or one day.

Be active

It's easier to achieve long-term health when good eating habits are combined with regular physical activity. So why do most people have so much trouble sticking with a regular exercise program? According to exercise experts, we lack motivation.

Participating in a variety of enjoyable activities such as walking, running, and bicycling makes a regular exercise

program easier to maintain. Expensive equipment and complicated fitness programs are not necessary to achieve and maintain a high level of fitness.

It's important to remember that any activity is exercise. Activities such as walking to do errands, gardening, and taking the stairs all contribute to the daily exercise quota.

National Nutrition Month is a perfect time to make positive changes in diet and exercise habits.

Be sure to check out the DoD National Nutrition Month resource packet available at: <http://chppm-www.apgea.army.mil/dhpw/wellness/nnm.aspx> for nutrition and physical activity-related materials and tools designed to help establish and maintain good health.

Additional information is available at the American Dietetic Association web site (www.eatright.org). National Nutrition Month is a registered trademark with the American Dietetic Association, 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995.

Detroit District Employees have an on-site health resource with the Federal Occupational Health Clinic on the 11th Floor of the McNamara Federal Building.

Show off your baby!

And we don't mean the kind that spits up on your clean shirt! Show us all your hard work on that project that you've cared for just like your own small child! Get your project highlighted in the next issue of the Soundings, Contact Casandra Brewster, Public Affairs, (313) 226-4681.

No project too small -- we show them all!

District People On Point

Meet the selected district employees of the 4th quarter:



Michael Geiger
Plan Formulation Branch

Mike Geiger, a Principle Planner with the Planning Division, is awarded Employee of the Quarter, 4th Quarter, CY2004 for his role on several Project Delivery Teams to advance many projects.

He is able to simultaneously juggle his work on many different projects and continues to produce in a timely manner so as to ensure project schedules are met and/or exceeded. Specifically, his dedication to duty in assisting with two Fort Wayne Flood Control Section 205 projects was evident.

Geiger's ability to "multi-task" allowed him to move forward with these recently inherited projects in a timely manner to please an important District customer, and enhanced the District's reputation as a professional, efficient organization.

Geiger serves the district with competence, loyalty to mission and a team-oriented mentality; he is always willing to cooperate and is a valuable member on each of the many PDT's in which he is involved.



Roger Scholbe
Kewaunee Area Office

Roger Scholbe, a computer assistant at the Kewaunee Area Office, is awarded Employee of the Quarter, 4th Quarter, CY2004, for his computer and network support.

He consistently puts the needs of others first, and is very serious about computer security, applying all security patches in a timely manner. He keeps all computers and laptops in top working order.

Scholbe conducted training sessions for Kewaunee Area Office employees and developed PowerPoint presentations. He was instrumental in researching improved communication for the Fox River Dam Operations. He coordinates all VTC sessions for the area office.

Scholbe reduced excess computer equipment by combining and updating outdated equipment along with the excess of unnecessary equipment.

He communicates well with his fellow Corps employees, both in Kewaunee and the District office, in resolving computer related issues.



Adam Virga
Detroit Projects Office

Adam Virga, a Civil Engineer Intern at the Detroit Area Office, is awarded Employee of the Quarter, 4th Quarter 2004 for his work as a project engineer for military construction and as a PDT member for civil works construction contracts.

Over the last several months, Virga has handled complex military projects such as NAC Office Repair, Renovate Bldg 212, & Renovate Bldg 215, which is a \$2.9 million combination design-build/design-bid-build FY04 year-end contract award issued by Louisville District and transferred to Detroit District for contract administration.

He has maintained a high standard of workload execution and critical interface with both customers/users and representatives of Louisville District.

Virga has also shown solid leadership in working with contractors and District HQ elements to resolve issues related to contract maintenance dredging for commercial navigation, including Saginaw River and St. Clair River.

Also, Mr. Virga plays an important role as a team player on the high-profile Black Lagoon environmental remediation construction project which is being handled by Detroit District on behalf of customer EPA.

Nominate your employee / coworker today!

**For more details and how-to's,
contact Mary Ann Lee, 226-2201**

Boat show attendance up; district volunteers help children learn water safety, Great Lakes facts

By Joyce Hess
Outreach & Workforce Coordinator

The third week in February was a busy time for thirty-five Detroit District employees.

These volunteers participated in the Michigan Boating Industry's 47th Annual Boat Show at Cobo Center, Detroit, Mich. During this annual event a District team convenes to create a new learning experience for the show as an opportunity to draw families to our presentation during the show.

Each year, the Detroit District is given pride of place in the "Kid's Boating Clinic" where we are visited by nearly 1000 children over the ten day run of the show.

Although the "Kid's Boating Clinic" is centered around teaching water safety and skills to the children, many of the Show visitors stop by our booth for a read on water level trends on the Great Lakes and on Lake St. Clair.

Frequently they ask about new permitting requirements or about Corps issues appearing in the news. This time gives the District an opportunity to put a personal face on the District and our work and to inform an interested public about what we do and how we do it.

The "Kids Boating Clinic" is a series of stations, staffed by Federal, state and local government organizations and non-profit groups all related to boats, boating and water activities. Each station offers a fun, entertaining and quick lessons on boating-related products, skills, or facts.

This year, the Detroit District sponsored a trivia game in which a spinner determined the subject of the question presented to each visitor.

The child was given a multiple-choice question from one of six possible categories: Boating & Safety; The Environment; Wetlands; U.S. Army Corps of Engineers History; and Engineering & Science Careers. Parents and other family members were encouraged to work together to figure out the correct answer.

The kids were delighted to get the answer right with the help of their "lifelines" (parents and other family members) and to choose a lollypop as a reward. During this event we also offered an opportunity for children to enter a drawing for one of three NOAA satellite posters of the Great Lakes Region, as seen from outer space.

Children who answered several questions correctly on their own got a special "Boat Show CD-ROM" containing songs written by and performed by Corps employees, a special 24 hour time lapsed photography of the Soo Locks



Joyce Hess

Reaching children with water safety messages and showing them the work of the Detroit District was the focus of the Corps team, which volunteered at the Annual Detroit Boat Show.

in operation, and a presentation full of fun and fascinating facts about the Great Lakes. Also resident on the Disk is a copy of the Detroit District's Continuing Authorities Program Book. As a partner for this event, the Detroit Post of the Society of Military Engineers (SAME) provided candy treats for our visitors.

Other booths in the area helped children learn various skills including how to put on a Personal Floatation Device, tie a rope to a cleat, as well as short useful lessons on how to keep our waters clean, and recognizing buoys and markers. MBIA provided additional incentive that if children completed all ten stations, they received a certificate and a prize.

During the event we were co-located with many of our customers and stakeholders to include Michigan Department of Natural Resources, Michigan Sheriff's Marine Division, Wayne County Sheriff, the U.S. Coast Guard (with "Coastie the Bear" and "Coastie the Tugboat"), U.S. Power Squadron, the Ontario Provincial Police and many others.

The event featured more than 1000 sparkling new watercraft in any size imaginable, and a series of featured attractions including: The Hot Dog Boat (the Water Weenie); Salty Dog; Fishing and Casting Demonstrations; High Speed Russian Rescue Boat; the show's mascot, Willie T. Clown, and many other fun activities for the entire family.

For more volunteer opportunities, contact the Outreach office at 226-6445.